

US 20160082302A1

(19) United States

(12) Patent Application Publication Feldman

(10) Pub. No.: US 2016/0082302 A1

(43) **Pub. Date:** Mar. 24, 2016

(54) GARMENT WITH WEIGHTED ELASTIC PORTION

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(21) Appl. No.: 14/854,026

(22) Filed: Sep. 14, 2015

Related U.S. Application Data

(60) Provisional application No. 62/052,998, filed on Sep. 19, 2014.

Publication Classification

(51) **Int. Cl.** *A63B 21/065*

(2006.01)

A63B 21/00 (2006.01)

 A63B 21/06
 (2006.01)

 A41C 3/00
 (2006.01)

 A41D 1/04
 (2006.01)

(52) U.S. Cl.

(57) ABSTRACT

A garment and portions of a garment presently disclosed contains a body having a front portion and a back portion, and a plurality of weighted inserts coupled with an elastic material, wherein the plurality of inserts are separated by a first distance when the garment is not being worn by a user, wherein the plurality of inserts are separated by a second distance when the garment is being worn by the user, wherein the second distance is greater than the first distance. Alternatively, the weights ma be fixed to the elastic.

